

Application No. 09/990,178
Amendment "B" dated September 7, 2005
Reply to Office Action mailed March 7, 2005

AMENDMENTS TO THE CLAIMS

The listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Previously Presented – Allowable) An exercise apparatus having an exercise station that is selectively moved by a user and having first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly including a first weight stack;

a second resistance assembly including a second weight stack; and

a coupling system configured to couple the first resistance assembly to an exercise station and to couple the second resistance assembly to the first resistance assembly, such that movement of the exercise station requires movement of at least a portion from each of: (i) the first resistance assembly; and (ii) the second resistance assembly,

wherein the coupling system comprises: (i) a first attachment system selectively coupling the exercise station to the first weight stack; and (ii) a second attachment system selectively coupling the second weight stack to the first weight stack, such that movement of the first weight stack requires movement of the second weight stack,

wherein the first attachment system comprises: (i) a first cable and pulley system coupled to the frame; (ii) a first selector rod coupled to the first cable and pulley system, the first selector rod configured to be extended within the first weight stack and having a

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plurality of apertures configured to receive a first pin therein; and (iii) a pin selectively mounted in the first selector rod when the first selector rod is extended within the weight stack, and

wherein the second attachment system comprises: (i) a first coupling member selectively coupled to the first selector rod, the member configured to receive the first selector rod through an aperture therein; (ii) a second cable and pulley system coupled to the first coupling member and the frame; (iii) a second selector rod coupled to the second cable and pulley system, the second selector rod configured to be extended within the second weight stack and having a plurality of apertures configured to receive a second pin therein; and (iv) a second pin selectively mounted in the second selector rod when the second selector rod is extended within the second weight stack.

2. **(Previously Presented – Allowable)** An exercise apparatus as recited in claim 1, wherein movement of at least a portion of the first resistance assembly comprises movement of at least one weight in the first weight stack, and wherein movement of at least a portion of the second resistance assembly comprises movement of at least one weight in the second weight stack.

3. **(Previously Presented – Allowable)** An exercise apparatus as recited in claim 15, wherein the coupling system further comprises a second coupling member selectively coupled to the second selector rod, the second member configured to receive the second selector rod through an aperture therein to selectively couple the first resistance assembly to the second resistance assembly.

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4. **(Previously Presented)** An exercise apparatus as recited in claim 17, further comprising a coupling member configured to couple the second resistance assembly to the first resistance assembly.

5. **(Previously Presented)** An exercise apparatus as recited in claim 18, wherein the first resistance assembly comprises a first weight stack and wherein the second resistance assembly comprises a second weight stack, and wherein movement of at least a portion of the first resistance assembly comprises movement of at least one weight in the first weight stack, and wherein movement of at least a portion of the second resistance assembly comprises movement of at least one weight in the second weight stack.

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6. **(Previously Presented – Allowable)** An exercise apparatus as recited in claim 1, further comprising a second coupling member configured to selectively couple the first resistance assembly to the second resistance assembly. .

7. **(Previously Presented – Allowable)** An exercise apparatus as recited in claim 1, wherein the first coupling member is positioned below the first weight stack and moves vertically with the first weight stack when the coupling member is coupled to the first selector rod.

8. **(Previously Presented – Allowable)** An exercise apparatus as recited in claim 1, wherein each of the first and second weight stacks move along a different axis.

9. **(Previously Presented – Allowable)** An exercise apparatus as recited in claim 1, wherein each weight stack comprises at least one weight.

10. **(Previously Presented – Allowable)** An exercise apparatus as recited in claim 1, wherein each weight stack comprises a plurality of vertically stacked weights.

11. **(Previously Presented – Allowable)** An exercise apparatus as recited in claim 1, further comprising means for coupling: (i) the first weight stack; and (ii) the second weight stack to a second exercise station such that movement of the second exercise station requires movement of both (i) the first weight stack; and (ii) the second weight stack.

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12. **(Original – Allowable)** An exercise apparatus as recited in claim 11, wherein said means for coupling: (i) the first weight stack; and (ii) the second weight stack to the second exercise station comprises a second coupling system.

13. **(Original – Allowable)** An exercise apparatus as recited in claim 12, wherein the second coupling system comprises a coupling member configured to couple the second weight stack to the first weight stack.

14. **(Currently Amended)** An exercise apparatus as recited in claim 20, wherein the first resistance assembly comprises a first weight stack and wherein the second resistance assembly comprises a second weight stack, and wherein movement of at least a portion of the first resistance assembly comprises movement of at least one weight in the first weight stack, and wherein movement of at least a portion of the second resistance assembly comprises movement of at least one weight in the second weight stack.

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15. **(Previously Presented – Allowable)** An exercise apparatus having (i) an exercise station that is selectively moved by a user; and (ii) first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

a second resistance assembly; and

a coupling system configured to couple the first resistance assembly to the exercise station and to selectively couple the second resistance assembly to the first resistance assembly, such that movement of the exercise station requires movement of at least a portion from each of:

(i) the first resistance assembly; and (ii) the second resistance assembly,

wherein the coupling system comprises: (i) a first cable and pulley system coupled to the frame; (ii) a first selector rod coupled to the first cable and pulley system, the first selector rod configured to be selectively coupled to the first resistance assembly; (iii) a second cable and pulley system coupled to the frame; (iv) a second selector rod coupled to the second cable and pulley system, the second selector rod configured to be selectively coupled to the second resistance assembly; and (v) a first coupling member selectively coupled to the first selector rod, the member configured to receive the first selector rod through an aperture therein.

16. **(Original – Allowable)** An exercise apparatus as recited in claim 15, wherein the first resistance assembly comprises a first weight stack and wherein the second resistance assembly comprises a second weight stack, and wherein movement of at least a portion of the

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first resistance assembly comprises movement of at least one weight in the first weight stack, and wherein movement of at least a portion of the second resistance assembly comprises movement of at least one weight in the second weight stack.

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17. **(Currently Amended)** An exercise apparatus having: (i) an exercise station that is selectively moved by a user; and (ii) first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

an attachment system configured to couple the first resistance assembly to the exercise station, the attachment system comprising a cable and pulley system to facilitate coupling of the first resistance assembly to the exercise station, wherein the exercise station and the first resistance assembly are each linked to the cable and pulley system;

a second resistance assembly that is selectively coupled to the first resistance assembly;

and

a second exercise station selectively coupled to the second resistance assembly, such that movement of the second exercise station requires movement of the second resistance assembly independent of the first resistance assembly.

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18. **(Currently Amended)** An exercise apparatus having an exercise station that is selectively moved by a user and having first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

a second resistance assembly;

a coupling system configured to selectively couple the exercise station to the first resistance assembly and to selectively couple the second resistance assembly to the first resistance assembly, such that movement of the exercise station requires movement of at least a portion from each of: (i) the first resistance assembly; and (ii) the second resistance assembly; the coupling system comprising a cable and pulley system coupled to the frame and a selector rod coupled to the cable and pulley system, the selector rod configured to be selectively coupled to the first resistance assembly; and

a second exercise station that is selectively coupled to the second resistance assembly, such that movement of the second exercise station requires movement of the second resistance assembly independent of the first resistance assembly.

19. **(Previously Presented)** An exercise apparatus as recited in claim 18, further comprising a coupling member configured to couple the second resistance assembly to the first resistance assembly.

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20. (Currently Amended) An exercise apparatus having an exercise station that is selectively moved by a user and having first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

an attachment system configured to couple the first resistance assembly to the exercise station, the attachment system comprising a cable and pulley system and a selector rod coupled to the cable and pulley system, the selector rod configured to be selectively coupled to the first resistance assembly;

a second resistance assembly;

a coupling member configured to selectively couple the first resistance assembly to the second resistance assembly, the coupling member selectively coupled to the selector rod, the coupling member selectively receiving the selector rod therein; and

~~a second exercise station selectively coupled to the second resistance assembly, such that movement of the second exercise station requires movement of the second resistance assembly independent of the first resistance assembly.~~

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21. **(Currently Amended)** An exercise apparatus having an exercise station that is selectively moved by a user and having first and second weight stacks that provide selected resistance to movement of the exercise station, the exercise apparatus comprising:

- a frame;
- a first exercise station;
- a second exercise station;
- a first weight stack configured to be selectively moved by the first exercise station;
- a second weight stack configured to be selectively moved by the second exercise station;
- a first coupling system configured to couple: (i) the first weight stack; and (ii) the second weight stack to the first exercise station such that movement of the first exercise station requires movement of at least one plate from each of: (i) the first weight stack; and (ii) the second weight stack, wherein the first coupling system comprises a first coupling member that selectively couples the first weight stack to the second weight stack and a cable and pulley system to facilitate coupling of the first weight stack to the first exercise station, wherein the first exercise station and the first weight stack are each linked to the cable and pulley system; and

- a second coupling system configured to couple: (i) the first weight stack; and (ii) the second weight stack to the second exercise station such that movement of the second exercise station requires movement of at least one plate from each of: (i) the first weight stack; and (ii) the second weight stack, wherein the second coupling system comprises a second coupling member that selectively couples the second weight stack to the first weight stack.

22. **(Previously Presented)** An apparatus as recited in claim 17, wherein the first resistance assembly comprises a first weight stack and wherein the second resistance assembly

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comprises a second weight stack, and wherein movement of the second resistance assembly comprises movement of at least one weight in the second weight stack.